

British Garden Pea Bowl

Ingredients:

- 1 cup baby potatoes, boiled
- ½ cup green peas
- ¼ cup roasted cherry tomatoes
- ¼ cup sautéed mushrooms
- Arugula or spinach base
- 1 tbsp mint vinaigrette

Instructions:

- 1.Fill the bowl with arugula.
- 2.Add all warm veggies and drizzle with vinaigrette.

Benefits:

Supports circulation, rich in potassium and fiber.